

Hay Riverside Run (5k) Results By % WR

Weather

Date:

Total Runners:

| Pos. | Name | Time | Age Cat | Age | Gender | % of Age World Record | Club | PB Time | PB? | CR? | Total Runs |
|------|-----------------------|-------|----------|-----|--------|--------------------------|------------------------|---------|-----|--------------------------|------------|
| 1 | David Rees | 24:24 | VM 70-74 | 70 | M | 71.58 | Hay Hotfooters | 24:22 | | <input type="checkbox"/> | 10 |
| 2 | Sharon Collins | 26:11 | VW 55-59 | 57 | F | 68.30 | Hay Hotfooters | 24:26 | | <input type="checkbox"/> | 48 |
| 3 | Dave Prosser-Painting | 21:16 | VM 45-49 | 47 | M | 67.79 | | 21:22 | Y | <input type="checkbox"/> | 4 |
| 4 | Hugo Richardson | 20:20 | JM 11-14 | 14 | M | 67.38 | | 00:00 | | <input type="checkbox"/> | 1 |
| 5 | Mick Collins | 23:02 | VM 55-59 | 56 | M | 67.08 | Hay Hotfooters | 23:07 | Y | <input type="checkbox"/> | 29 |
| 6 | Paul McDermott | 23:24 | VM 55-59 | 57 | M | 66.60 | South Cheshire Harrier | 24:22 | Y | <input type="checkbox"/> | 14 |
| 7 | Eleanor Griffiths | 22:30 | SW 30-34 | 32 | F | 65.70 | Hay Hotfooters | 22:28 | | <input type="checkbox"/> | 26 |
| 8 | John Price | 26:32 | VM 60-64 | 64 | M | 62.25 | Hay Hotfooters | 23:24 | | <input type="checkbox"/> | 75 |
| 9 | Kevin Brady | 23:37 | VM 45-49 | 47 | M | 61.04 | White Horse Harriers | 25:32 | Y | <input type="checkbox"/> | 4 |
| 10 | Angus Rose | 25:28 | VM 50-54 | 53 | M | 59.29 | | 00:00 | | <input type="checkbox"/> | 1 |
| 11 | Nick Wells | 25:44 | VM 50-54 | 54 | M | 59.13 | Hay Hotfooters | 25:05 | | <input type="checkbox"/> | 33 |
| 12 | Melanie Maltz | 28:44 | VW 50-54 | 50 | F | 57.48 | | 00:00 | | <input type="checkbox"/> | 1 |
| 13 | Edith Rose | 28:44 | JW 11-14 | 12 | F | 57.37 | | 00:00 | | <input type="checkbox"/> | 1 |
| 14 | Francisco Ponce | 24:51 | VM 35-39 | 37 | M | 53.99 | | 30:31 | Y | <input type="checkbox"/> | 3 |
| 15 | Ruth McDermott | 33:54 | VW 55-59 | 57 | F | 52.75 | South Cheshire Harrier | 33:10 | | <input type="checkbox"/> | 12 |
| 16 | Alonso Ponce | 30:55 | JM 10 | 9 | M | 52.67 | | 30:31 | | <input type="checkbox"/> | 3 |
| 17 | Joeski Rogerson | 25:10 | SM 30-34 | 31 | M | 51.85 | | 00:00 | | <input type="checkbox"/> | |
| 18 | Oakley Shutts | 33:10 | JM | 8 | M | 51.81 | | 00:00 | | <input type="checkbox"/> | 1 |
| 19 | Heidi Shutts | 33:10 | VW 40-44 | 43 | F | 46.63 | | 00:00 | | <input type="checkbox"/> | 1 |
| 20 | Diego Ponce | 30:56 | VM 35-39 | 36 | M | 43.10 | | 00:00 | | <input type="checkbox"/> | 1 |